



# Hari Program (1)

2020 Fundamentals Program  
Portland OR

**Instructor:** T. Koei Kuwahara, Lic.Ac. Japan President of the Hari Society  
(617) 926-6986(w); e-mail: info@culia.net www.culia.net

**Organizer:** Bod Quinn, DAOM. Ryan J Milley DAOM.  
President of the TJM Seminars of Portland

**Location:** OCOM 75 NW Couch St Portland, OR 97209

(1) Saturday, JANUARY 11th, 2020

Subject	Introduction to Japanese Meridian Therapy	
9:00-9:15	Opening words: T. Koei Kuwahara, Introduction to the Hari system	
9:15-10:30	<ul style="list-style-type: none"> <li>* <b>Hari:</b> Definition and Characteristics</li> <li>* Support their Life force w/Tonification, release the Jaki w/Dispersion</li> <li>* Three cornerstones of Hari practice: (1) Spirit/Kototama (Hari), (2) Ki/Meridian (TJM), and (3) Physical Body (TCM)</li> <li>* Primary <b>SHO: for Root Tx. Step. 1</b>, Pattern of the space.</li> <li>* Secondary <b>SHO: Tx. Step: 2</b>, effects from Essential Ki dif. &amp; Ex.</li> <li>* Principle of Tx. side and Pts. (Nan Jing, Chapter 68, 69,75 and...)</li> <li>* Classification of <b>Futomani</b> Shimpo/Tx. methods:               <ul style="list-style-type: none"> <li>1) Quality 2) Quantity 3) Flow/rhythm of the Ki in nature</li> </ul> </li> <li>* Ho, Sha, Yu-Sha, and Ho-chu no Sha and Wa-ho</li> <li>* <b>Local tx. /Volcano tx. and Supplementary systems: Steps: 0, 4, 5.</b></li> <li>* <b>Ki feedback Hari methods with pulse quality Dx.</b></li> </ul>	What is Hari?
10:30-11:15	Model Tx. with Flow Chart	from Instructor with student.
11:15-12:30	Hari Principles for SHO and Treatment	Secrets of Pulse
	1) Pulse Dx.: Middle/ST Ki pulse, Six-Comparative Pulse dx. 2) Primary/ Four Basic Pattern /SHO	
12:30-2:00	Lunch Break	
2:00-2:45	* Main tx. pts. (Nan Jing, 69) and Tx. side	
2:45-3:15	* Presently "alive"	Main tx. point location with Ki feedback methods
3:15-3:30	Breathing ex. and Tea	
3:30-3:45	Five phases theory <b>and Kototama</b>	Kototama Chanting
3:45-4:45	Futomani Hari-Shimpo (1): Shape and usage of the Oshide, Sashide	Practice: Ho, Tx. Step 1-2.
4:45-5:00	Q & A Closing	

Sunday, JANUARY 12th, 2020

Subject	Secondary/ Physical Body's SHO	
9:00-9:30	Mantra and Ki breathing Ex.	
9:30-10:15	<ol style="list-style-type: none"> <li>1) Generating and Controlling Cycle of the 5 Phases/<b>Kototama</b>.</li> <li>2) Causes of happiness, diseases and symptoms  ***(What is <b>E, Ei -Ki and SEIKI, JAKI</b> and Kyo and Jitsu)</li> <li>3) The Difference in the Generation Mechanism of Cold and Heat</li> </ol>	? Seiki, Jaki ?
10:15-11:00	<ol style="list-style-type: none"> <li>4) <b>Secondary/ Physical Body's SHO</b> with Principles of Tx.</li> <li>5) Where is Jaki ? Its effect on the Life (in Pulse and Body) <ul style="list-style-type: none"> <li>• Differences in <b>Oki-Jitsu</b> and <b>Jaki-Jitsu</b></li> </ul> </li> </ol>	? Seiki, Jaki ?
11:00-11:15	Tea Break and Breathing EX.	
11:15-12:00	SHO I. II Demo.	Demo: SHO determination with Four examination Pulse practice: Def. and Ex. (Oki-Jitsu) and (Jaki-Jitsu) <b>SHO for Root tx. Step 1.2.</b> and Jaki effects in Step.2.
12:00-1:30	Lunch Break	
1:30-2:00	Q and A. Power of the Words and its effect. "Message from water". <i>Masaru Emoto.</i> Miracles of the Kototama/ TAKAMAHARANAYASA	Essences of Hari
2:00-2:45	SHO w/ Pulse dx.      Pulse: Finding middle pulse and six-position comparative pulse dx. for SHO. Tx. Steps 1 and 2	
2:45-3:00	Tonification      * Practice on the apple	
3:00-3:15	Ki Ex. and Tea	
3:15-4:00	Futomani Hari-Shimpo (2)	Root tx. <b>with</b> feedback method * Depth, Obtain the Ki, Ki arrives and Timing for advance and removal with Kototama/ Ki-breath. * Feedback with pulse quality
4:00-4:45	Step 1 & 2	Practice: <b>Root tx. Step.1,2</b>
4:45-5:00	Q&A	
Assignments	Read TJA: Fundamentals Review your notebook and handouts. Read Assignment was indicated in next month schedule.	Practice: middle pulse reading, basic technique on your body or friends and floating apple, point location